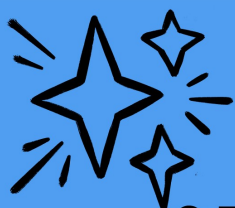


**Five Ways,
Five Days.**

**Proven tools to boost
our mental health.**

**mhaw.nz
18–24 Sept**



**TAKE
NOTICE
ME ARO
TONU**



**GIVE
TUKUA**



**BE ACTIVE
ME KORI TONU**



**CONNECT
ME
WHAKAWHANAUNGA**



**KEEP
LEARNING
ME AKO TONU**

MHAW 20
23
Mental Health
Awareness Week

 **Mental Health Foundation**
mauri tū, mauri ora OF NEW ZEALAND

Te Whatu Ora
Health New Zealand